HEAD IN THE CLOUDS

SUSAN SARANDON TELLS METRO WHAT IT TAKES TO PLAY FOUR DIFFERENT CHARACTERS IN CLOUD ATLAS PAGE 12

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WARMING UP for a pivotal game

Saskatchewan Roughriders running back Kory Sheets bundles up at practice Thursday afternoon at Mosaic Stadium. On Saturday the Riders (8-7) will look to lock up a playoff spot with a win over the Montreal Alouettes (9-6). Kickoff is at 1:30 p.m. at Mosaic Stadium. For a look at the Riders' tough road ahead and other news from around the CFL, see page 17. JEFF MACKEY/METRO

Overheated spool caused mine fire, investigators say

PotashCorp. Blaze that trapped 20 workers underground believed to be result of wooden cable spool being dragged through mine

Investigators believe they have confirmed the cause of a potash mine fire that forced 20 workers to hole up underground for the better part of a day.

No one was hurt when the blaze erupted at PotashCorp's mine near Rocanville last month, about 245 kilometres east of Regina.

But it was 18 hours before the workers could leave refuge stations and safely return to the surface.

Damage was minimal.

The Saskatoon-based company says a wooden cable spool overheated as it was dragged through the mine.

Spokesman Bill Cooper says the company is deciding whether to switch to steel spools or change how they're transported through the mines.

"We believe the cause of fire was friction between a skid plate carrying the cable reel and the ground," Cooper said. "They get dragged from the mine entrance to where they're stored, which is about 16 kilometres underground, and it eventually caught fire."

A final report will be submitted to Saskatchewan's Mine Safety Unit. Cooper says believes that will be the end of it, since all safety procedures were followed.

CJWW/THE CANADIAN PRESS

PotashCorp electrician Darwyn Wirth of Churchbridge, Sask., left, and mine rescue supervisor Courtney Ryan of Tantallon, Sask., speak to the media on Sept. 25. Twenty workers were temporarily trapped underground by a fire in the Rocanville potash mine. DAVID LIPNOWSKI/THE CANADIAN PRESS

A long wait

18

The workers were forced to stay underground for 18 hours after the blaze erupted before they could safely return to the surface.

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Candidates face off in front of business community

Mayoral race. Final debate covered stadium, debt, housing and transparency

JEFF MACKEY
jeff.mackey@metronews.ca

Breakfast foods and municipal politics were combined Thursday morning when the Regina and District Chamber of Commerce hosted the final debate of the city's mayoral race.

Attendees were treated to a wide-ranging discussion including eight of the nine mayoral candidates; Tim Seikawitch was not in attendance.

Topics included the new stadium, city debt, affordable housing as well as government transparency. Most candidates were aware of their business-minded audience and stressed the pro-business aspects of their platforms.

Long-time councillor turned mayoral hopeful Michael Fougere told the audience that he was the only candidate in favour of the new stadium plan.

Candidates Meka Okochi and Marian Donnelly were eager to correct Fougere, claiming that they favour the stadium plan but are unhappy with its funding.

Throughout the 60-minute debate, candidates were given one-minute opening and closing statements along with 30 seconds to answer questions from the moderator, Dr. Vianne Timmons, president and vice-chancellor of the University of Regina.

The event took place in the Conexus Arts Centre at 7:30 a.m. and was well attended by about 200 business-minded Reginans who paid $25 for their ticket and a plated breakfast.

Regina's municipal election will take place on Oct. 24.

Polls

A poll conducted by Insightrix Research says 30 per cent of Regina residents intend to cast their ballot for Michael Fougere in the Oct. 24 civic election.

- Marian Donnelly was in second with 17 per cent of the vote, followed by Meka Okochi with 15 per cent.
- Of the 772 residents polled, 25 per cent said they were undecided.

Michael Fougere makes his case at the Regina Chamber of Commerce's mayoral debate Thursday morning. The debate was moderated by Dr. Vianne Timmons, president and vice-chancellor of the University of Regina. JEFF MACKEY/METRO

Sask. labour

NDP report advises on labour changes

The NDP Opposition is accusing the Saskatchewan government of moving too quickly to overhaul labour laws.

Labour critic David Forbes says the government only allowed 90 days for talks, but is spending twice as long reviewing a system for cattle branding.

The New Democrats have released a report with 14 recommendations that include continued mandatory collection of union dues.

Workplace and employment relationships in Saskatchewan are currently governed by 15 separate acts.

The government has said most of the acts have not been comprehensively reviewed in at least 20 years and it's time for an update.

THE CANADIAN PRESS

Air Canada

Routes added in Western Canada

Air Canada says it's boosting capacity on routes in Western Canada this fall and winter to meet increased seasonal demand from Saskatoon, Regina, Calgary, Edmonton, Vancouver and other cities in the region.

Capacity on the Edmonton-Regina, Edmonton-Saskatoon and Calgary-Yellowknife routes will be doubled to 100 daily seats, compared with 50 seats a year earlier.

"Air Canada is increasing capacity this fall and winter on key regional routes reflecting strong demand within Western Canada, the centre of the country's energy and resource industries," Air Canada vice-president Marcel Forget said in a statement.

THE CANADIAN PRESS

Fast food

Toronto chicken may come to Sask.

Saskatchewan may be welcoming 50 locations of a Toronto-based fried-chicken chain if the company's president achieves his goal of bringing Mary Brown's Famous Chicken & Taters to the Prairies.

Nigel Beattie announced his fried-chicken mission Wednesday evening in Winnipeg. METRO

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Britain looking for spy kids through new teen program

Apprentice 007s. British program open to bright 18-year-olds who will undergo technical training and work placements

How's this for a job title — secret agent's apprentice.

The British government is recruiting teenage apprentice spies and codebreakers without university degrees in a bid to deepen the talent pool of its intelligence services for the era of cyber-terorrism and cyber-warfare.

Foreign Secretary William Hague announced the program Thursday in a speech at Bletchley Park, Britain's Second World War code-breaking headquarters.

"Young people are the key to our country's future success, just as they were during the war," Hague said.

"It will be the young innovators of this generation who will help keep our country safe in years to come against threats which are every bit as serious as some of those confronted in the Second World War."

The Foreign Office said the apprenticeship program aims to find up to 100 new recruits for GCHQ — Britain's electronic surveillance agency — and the MI5 and MI6 intelligence services. The idea is to expand recruitment of spies beyond the traditional method of a discreet "tap on the shoulder" at university.

The program will be open to bright 18-year-olds with backgrounds in science, technology, engineering and even computer gaming. They will undergo a two-year course of university classes, technical training and work placements before starting full-time jobs.

High-school students will also be invited to take part in a "national cipher challenge" competition intended to inspire pupils to consider careers in mathematics and cyber-security.

The Foreign Office said the goal was to "harness the expertise of its young people, who have grown up with a world of social media, global connectivity and interactive gaming, to make sure we can tackle the threats and challenges of the 21st century."

THE ASSOCIATED PRESS

This 2009 file photo shows Mike Hillyard, one of the volunteers who rebuilt a replica of the Turing Bombe machine that played a crucial part in cracking the Nazi Enigma Code, standing by the machine at Bletchley Park in Milton Keynes, England. The British government is recruiting apprentice spies and codebreakers without university degrees in a bid to deepen the talent pool of its intelligence services. AKIRA SUEMORI/THE ASSOCIATED PRESS

Anti-marijuana ad racist and inaccurate, says Williams

Montel Williams supports legalizing medical marijuana.
DANNY JOHNSTON/THE ASSOCIATED PRESS FILE

Talk show host Montel Williams accused an ad against legalizing medical marijuana of resorting to "racism" after the commercial depicted an African-American drug dealer.

Williams, an outspoken supporter of medical marijuana, appeared Thursday at the state capital alongside members of Arkansans for Compassionate Care, which is campaigning for Arkansas' legalization measure on the Nov. 6 ballot. He criticized an ad aired by a coalition of conservative groups that opposes the proposal.

"Offensive is really an understatement. It's the most egregiously racist, false statement you've ever seen in your life," Williams said. "They've (got) people sitting in a picture holding guns, talking about medical marijuana, and of course they happen to be of different colours to make sure you're as irritated and angry as you can be."

Jerry Cox, the president of the Arkansas Family Council and a member of the coalition, denied that the ad was aimed at stoking any kind of racial animus and defended the spot as accurate. Cox noted that the ad also features white actors portraying marijuana users.

"Sure, he wanted to seize on that, but that's not the message we're sending," Cox said. "We're sending a message that this harmful act is going to affect every family in this state if it passes."

If passed, the Arkansas measure would allow patients with qualifying conditions to buy marijuana from non-profit dispensaries with a doctor's recommendation. If approved, Arkansas would become the first Southern state to legalize medical marijuana.

Under the proposal, qualifying health conditions would include cancer, glaucoma, HIV, AIDS and Alzheimer's disease. The proposal also would allow qualifying patients or a designated caregiver to grow marijuana if the patient lives more than five miles from a dispensary.

Past efforts to put medical marijuana on the ballot in Arkansas have faltered, though voters in two cities in the state have approved referendums that encourage police to regard arrests for small amounts of marijuana as a low priority.

The proposal faces opposition from law-enforcement groups and the state's top elected officials. Gov. Mike Beebe, a Democrat, has said he's opposed to the measure and is worried about the additional cost to the state.

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Northern Ireland

1st abortion clinic causes outrage

The first abortion clinic on the island of Ireland opened Thursday in downtown Belfast, unleashing angry protests on the street and uniting Catholic and Protestant politicians in calls to investigate the new facility.

The clinic, run by the British family planning charity Marie Stopes, will be permitted to provide abortions only in exceptional circumstances to women less than nine weeks pregnant.

But the opening caught Northern Ireland's socially conservative politicians off guard and they vowed to launch an investigation into how the clinic operates. THE ASSOCIATED PRESS

Human rights

Adoption law ruled discriminatory

Unmarried and same-sex couples in Northern Ireland should be allowed to adopt children, a Belfast judge ruled Thursday, rejecting a 1987 adoption law that discriminates against both groups.

Gay-rights activists praised the ruling in favour of a lawsuit pursued by the Northern Ireland Human Rights Commission. But Health Minister Edwin Poots, an evangelical Protestant opposed to gay partnerships, said the government would appeal.

"It is my intention to urgently appeal this judgment and I am taking this action with a heavy heart," said Poots. THE ASSOCIATED PRESS

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Omnibus budget changes.
Big bill tables widespread revisions and reductions

The latest omnibus budget bill from the Harper government makes changes to everything from the Indian Act and the Canadian Labour Code to the Canada Shipping Act.

The bill kills off independent tribunals that examined things such as hazardous materials in the workplace and set the rates for employment insurance premiums, while making workers pay taxes on their employers' contributions to group health and accident insurance plans.

It also sharply reduces project approvals required under the Navigable Waters Protection Act, sets time limits on worker complaints under the Canada Labour Code and makes additional changes to an Environmental Assessment Act that was essentially rewritten by the Conservative government last spring.

It lays out a whole new act for the building of a new bridge from Windsor, Ont., to Detroit, while exempting the project from "a number of federal laws under which permits, approvals or authorizations would normally be required."

The bill — the second of two massive implementation acts based on the March federal budget — contains no surprises, said Finance Minister Jim Flaherty, who angrily accused the opposition of being too lazy to read last spring's federal spending blueprint.

"If you haven't read the budget ... I don't know what you did all summer.... Do your job," he said. THE CANADIAN PRESS

Opposition

In response to Finance Minister Jim Flaherty's comments, citing the words of a young Stephen Harper, opposition MPs responded that the sprawling omnibus bill is exactly what's preventing them from doing their job — examining proposed legislation in detail and depth.

Minister of Finance Jim Flaherty speaks during question period in the House of Commons in Ottawa, Thursday. The minister's contentious omnibus budget bill is the focus of intense criticism from the opposition. ADRIAN WYLD/THE CANADIAN PRESS

Calgary couple who survived Costa Concordia wreck 'hope for justice'

Finding peace after trauma. Passenger who opted to swim for safety rather than abandon her husband awaits results of inquiry

JEREMY NOLAIS
Metro in Calgary

Survival was only the beginning.

That's the working title of a book Andrea Davis is penning about her ordeal aboard the ill-fated Costa Concordia cruise ship, and the subsequent struggle upon returning home to Calgary.

Davis and her husband, Laurence, had only just ordered a bottle of wine at a dining hall aboard the massive vessel when it smashed into rocks off the Tuscan Island of Giglio on Jan. 13.

With water pouring into the ship, Davis refused to separate from her husband and take one remaining seat aboard a lifeboat. Instead, the couple swam for shore together, spending more than 20 minutes in frigid water.

Back at home, Davis was diagnosed with post-traumatic stress disorder.

In July, the couple returned to the island for the first time since the wreck to view the ship, still overturned at sea, and meet with some of the locals, who embraced them with open arms.

"I knew that this was a medical prescription for me, something I needed to do ... to walk across the rocks, to see the path that we had climbed through on that dark and scary night, to see how far we were from land, to see the sunken ship and this horrific, rested memorial of our trauma," she said.

The Davises have been watching closely as an inquiry into the Concordia wreck and the actions of Capt. Francesco Schettino, who could stand trial for multiple counts of manslaughter and abandoning ship, got underway this week.

"We hope for justice ... everyone in this world deserves justice," Davis said.

Thirty-two people died in the Costa Concordia tragedy.

Andrea Davis plants a kiss on her grandson after arriving at Calgary International Airport in January, days after surviving the Costa Concordia shipwreck. METRO FILE

In it together

"They had one spot (on the lifeboat) and they asked Andrea if she wanted to come in, and we looked at each other and decided we're in this together. 'There's no way we're separating.'"

Costa Concordia shipwreck survivor Laurence Davis
After about a 20-minute swim in frigid water, Davis and his wife, Andrea, made it to shore with minor scrapes.

Court date set

Crown seeks to impose harsher sentence on coach

A hearing has been set in Manitoba's Court of Appeal for the Crown's attempt to get a harsher sentence for disgraced junior hockey coach Graham James.

Dec. 3 has been set aside for arguments over the two-year sentence given to James for sexually abusing retired NHL star Theo Fleury and his cousin, Todd Holt, when they were teenage players in the Western Hockey League. The sentence last March prompted outrage from James' victims.

The Crown had asked for a six-year term, and says the judge erred by placing too much emphasis on James' previous time behind bars. THE CANADIAN PRESS

Charbonneau hearings

Engineer got $600K in kickbacks

A retired City of Montreal engineer says he collected more than $600,000 in cash kickbacks from construction companies over nearly 20 years.

Gilles Surprenant took the stand at the Charbonneau Commission on Thursday, following eight days of headline-grabbing testimony by ex-construction boss Lino Zambito.

Zambito alleged that Surprenant, a chief city planner for many years who prepared plans and budgets for public-works projects, skimmed one per cent for himself on certain contracts.

Surprenant admitted his first "cut" was an envelope containing $3,000 or $4,000.

THE CANADIAN PRESS

Generation being stolen by bullies, says Nova Scotia victim

Bullying victim Toni Nicholas says Amanda Todd's suicide gave her the push she needed to start raising awareness. JEFF HARPER/METRO IN HALIFAX

On Dec. 16, 2010, 12-year-old Toni Nicholas snapped.

She downed 80 extra-strength Tylenol and lay on her bed, hoping to die.

She wouldn't have woken up, said the doctor who saved her life, if it wasn't for her mother checking up on her one last time before bed.

Bullying was the cause.

Singled out by her Grade 3 teacher for her razor-sharp intellect, Toni soon became the subject of endless physical and emotional torment.

She received constant death threats. One altercation left her with a broken foot.

More than two years later, after dozens of suicide attempts and years of psychiatric care, Toni is better.

The Dartmouth, N.S., teen, now 14 years old, is determined to spare as many youths as she can from having to go through her nightmare.

"I'm sick of seeing my generation being stolen from under my feet," said Toni.

Amanda Todd's tragic suicide last week after relentless bullying was the last straw.

"Her death gave me the extra push because now people are starting to pay attention. We need change. It has to start with our generation."

She'll be leading a candlelight service for Todd and the countless other victims of bullying on Oct. 28.

ANDREW RANKIN/METRO IN HALIFAX

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Washington

Evacuation at presidential daughters' school

The D.C. private school attended by the daughters of President Barack Obama says it was briefly evacuated after it received a phone call that it considered suspicious. Sidwell Friends said in a message on its website Thursday afternoon that students and teachers returned to class after law enforcement determined there was no threat.
THE ASSOCIATED PRESS

Connecticut

A bad sign

An 80-year-old U.S. woman has been arrested after tearing down political signs showing an image of President Barack Obama with an Adolf Hitler-style moustache. Nancy Lack tells WVIT-TV she was offended and took down three posters that were hung last week near the post office. Workers for frequent presidential candidate Lyndon LaRouche, who were putting up the signs, called police. THE ASSOCIATED PRESS

Obama was potential target in foiled terror plot: Source

Terror sting. Undercover agent posing as jihadist intervenes with FBI team after 21-year-old exposes plan to blow up the Federal Reserve

A Bangladeshi man snared in an FBI terror sting considered targeting U.S. President Barack Obama before settling on a car-bomb attack on the Federal Reserve in New York City, a law-enforcement official told The Associated Press on Thursday.

The official, who was not authorized to speak publicly about the investigation and talked to the AP on condition of anonymity, stressed that the suspect never got beyond the discussion stage.

In a September meeting with an undercover agent posing as a fellow jihadist, Quazi Mohammad Rezwanul Ahsan Nafis explained he chose the Federal Reserve as his car-bomb target "for operational reasons," according to a criminal complaint. Nafis also indicated he knew that choice would "cause a large number of civilian casualties, including women and children," the complaint said. He had also considered the New York Stock Exchange as a target.

The bomb was phoney, but authorities alleged that Nafis's admiration of Osama bin Laden and aspirations for martyrdom were not.

FBI agents grabbed the 21-year-old Nafis — armed with a cellphone he believed was rigged as a detonator — after he made several attempts to blow up a fake 1,000-pound bomb inside a vehicle parked next to the Federal Reserve Wednesday in lower Manhattan, the complaint said.

Nafis is a banker's son from a middle-class neighbourhood, and family members said Thursday that they were stunned by his arrest.
THE ASSOCIATED PRESS

Quazi Mohammad Rezwanul Ahsan Nafis, inset, snared Wednesday in an FBI terror sting, considered targeting U.S. President Barack Obama and the New York City Stock Exchange before settling on a car-bomb attack on the Federal Reserve. SETH WENIG/THE

Charges

- **Charges.** Nafis appeared in federal court in Brooklyn on Wednesday to face charges of attempting to use a weapon of mass destruction and attempting to provide material support to al-Qaida. Wearing a brown T-shirt and black jeans, he was ordered held without bail and did not enter a plea. His defence attorney had no comment outside court.

Family in a state of disbelief over Nafis' alleged bomb ploy

Just a few hours before he was arrested in an FBI sting operation, a Bangladeshi man accused of trying to blow up New York's Federal Reserve building calmly spoke via Skype with his parents back home and updated them on his studies, his family told The Associated Press.

They were stunned Thursday morning to find out that the banker's son from a middle-class Dhaka neighbourhood was accused of trying to carry out a terror attack. They denied he could have been involved.

"My son couldn't have done it," his father, Quazi Ahsanullah, said weeping.

"My brother may have been a victim of a conspiracy," said Fariel Bilkis.

The FBI arrested 21-year-old Quazi Mohammad Rezwanul Ahsan Nafis on Wednesday after he tried to detonate a fake 1,000-pound (454-kilogram) car bomb, according to a criminal complaint.

Prosecutors said Nafis travelled to the U.S. on a student visa in January to carry out an attack.

Hours after his arrest, Bangladeshi detectives were at his family's three-storey home in the Jatrabari neighbourhood in south Dhaka.

"We are just collecting details about Nafis from his family," one officer said, speaking on condition of anonymity because he was not authorized to speak to the media.

Nafis' family said he was incapable of such actions and he went to America to study business administration, not to carry out any attack.
THE ASSOCIATED PRESS

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Broadcasting. CRTC rejects BCE's takeover of Astral

The federal broadcast regulator gave an unequivocal thumbs down to BCE Inc.'s takeover of Astral Media on Thursday, declaring in no uncertain terms the $3.4-billion deal was not good for Canadians.

The surprise announcement by the CRTC came after stock markets closed and marked the first major decision for newly installed commissioner Jean-Pierre Blais.

Not only did Blais, who took over in late June, turn down one of the biggest takeovers ever submitted to the Canadian Radio-television and Telecommunications Commission, he left little doubt about where he stood, or how he would respond should BCE return with a modified but essentially similar proposal.

"BCE failed to persuade us that the deal would benefit Canadians," he said. "It would have placed significant market power in the hands of one of the country's largest media companies. "We could not have ensured a robust Canadian broadcasting system without imposing extensive and intrusive safeguards, which would have been to the detriment of the entire industry."

The CRTC said BCE — owner of Bell Canada, the CTV television network, numerous specialty stations and the former Chum radio stations — already has 33.7 per cent of the English television viewing audience. THE ASSOCIATED PRESS

Quoted

"BCE failed to persuade us that the deal would benefit Canadians."

CRTC commissioner Jean-Pierre Blais

Market Minute

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GOLD $1,744.70 US (-$8.30)

Natural gas: $3.52 US (+ 5¢)
Dow Jones: 13,548.94 (-8.06)

Another one down: Newsweek will end print run on Dec. 31

Publishing. Venerable news mag is switching to digital format; staff cuts are expected

In this file photo, pedestrians walk past the Newsweek building in New York. Newsweek announced Thursday that its print edition will be replaced by an all-digital format. THE ASSOCIATED PRESS FILE

Newsweek will end its print publication after 80 years and shift to an all-digital format in early 2013.

Its last U.S. print edition will be its Dec. 31 issue. The paper version of Newsweek is the latest casualty of a changing world where readers get more of their information from websites, tablets and smartphones. It's also an environment in which advertisers are looking for less expensive alternatives online.

Newsweeklies have been in an especially tough spot at a time when people don't want to wait a week to read commentary and news digests of big stories, given a flood of instant content available online.

The announcement of the change was made Thursday by Tina Brown, editor-in-chief and founder of The Newsweek Daily Beast Co, and Baba Shetty, its CEO. Job cuts are expected.

"In our judgment, we have reached a tipping point at which we can most efficiently and effectively reach our readers in all-digital format," Brown and Shetty said on The Daily Beast website.

Newsweek's decision does not come as a surprise. Barry Diller, the head of the company that owns Newsweek, announced in July that the publication was examining its future as a weekly print magazine. THE ASSOCIATED PRESS

Arbiters of cool. U.K. appeal court agrees that iPad is hipper than Samsung tablet

Britain's Court of Appeal has affirmed a lower court ruling that Samsung's Galaxy tablet computer is "not as cool" as Apple's iPad and therefore doesn't infringe Apple's rights.

The issue in the case was whether Samsung infringed on the design Apple registered in 2004.

The lower court in July had declared Samsung's Galaxy computers "do not have the same understated and extreme simplicity which is possessed by the Apple design. They are not as cool."

In their ruling Thursday, all three justices who heard the appeal ordered Apple to publicize the court rulings to "dispel commercial uncertainty," and make sure consumers are not biased against Samsung.

Judge Robin Jacob wrote in the unanimous opinion: "The acknowledgement must come from the horse's mouth. Nothing short of that will be sure to do the job completely." THE ASSOCIATED PRESS

Fun, affordable Halloween ideas to fit your BoooooDGET!
THE SALVATION ARMY
THRIFT STORE
GO TO THRIFTSTORE.CA FOR A LIST OF LOCATIONS

SPACE JUMP IS PRETTY DOPE

THE LIST
Paul Sullivan
metronews.ca

Worried that you've missed the week's big news and you're feeling inadequate around the water cooler? Fear not! You've come to the right place: The Metro List, where the news lives.

1 **Felix Baumgartner.** I double-dog dare ya to climb 38 kilometres in a balloon, open the hatch and then jump out. No problem, says the Austrian daredevil, who broke the sound barrier while he was at it. Then he opened his parachute and hit the ground walking. Baumgartner says his daredevil days are done, but wasn't it another Austrian guy who said, "I'll be back"?

2 **On the other hand.** Lance Armstrong won't work in this town — or any other — again. His main sponsor, Nike, abandoned him after the U.S. Anti-Doping Agency released testimony from 11 of his former teammates, who claimed they helped him ride to seven tainted Tour de France victories. But Nike still endorses Michael Vick and Kobe Bryant, a dog killer and a man who was once accused of rape, respectively. Oh well, at least they didn't take banned substances to give themselves an unfair advantage ... right?

3 **The saddest story.** Teenager Amanda Todd went looking for love in all the wrong places, i.e. the Internet, and was hounded by the fallout until she killed herself. Before she did, she recorded a haunting video and released it on … the Internet, possibly hoping for some kind of cyber-vindication. You'd like to think her tormentors learned their lesson, but some were still online bullying her memory this week. There's enough bitter irony in this one story to last a lifetime.

4 **Hot enough for you?** By you, I mean climate-change denier, you. September was the hottest ever. In the world. If that's not enough, it was the 331st straight month with above-average temperatures. Anyone who continues to think this global-warming stuff is a hoax reminds me of that lobster sitting in a nice warm bath, and he's starting to turn pink.

5 **Rock 'em sock 'em NHL labour negotiations.** The NHL offers to share revenue 50-50 with the players, but the boys are still young enough to be able to read the fine print on the offer, so this thing ain't settled yet. But at least they're getting down to it. Timing is interesting. For most of the players, this is their first week without a paycheque. Whoa, dude.

6 **Then there's this elk.** This is not a joke. We repeat, this is not a joke. An elk has spent the last three years mooning (moo-ing?) over a herd of cows in the B.C. Interior. This year, well, he leapt the fence. Conservation officers caught him, tranquilized him and — the final indignity — sawed off his six-point antlers (safety measure), then let him go, far from the madding cows.

Felix Baumgartner, of Austria, jumps out of his capsule during his final manned flight last Sunday. The death-defying jump from a balloon 38 kilometres above Earth yielded important information about the punishing effects of extreme speed and altitude on the human body — insights that could inform space development. RED BULL STRATOS/THE ASSOCIATED PRESS

Penguin picture wins top award

PAUL NICKLEN / VEOLIA ENVIRONNEMENT WILDLIFE PHOTOGRAPHER OF THE YEAR 2012

Wildlife photography

Canadian earns global recognition

A photo titled Bubble-Jetting Emperors by Canadian photographer Paul Nicklen has won the globally acclaimed Veolia Environnement Wildlife Photographer of the Year competition. This image of the chaotic underwater world of emperor penguins at the edge of the Ross Sea, in Antarctica, beat over 48,000 entries from 98 countries to claim the prize. METRO

Photographer's viewpoint

"The penguins definitely fed off my energy. But I was lucky as I was almost killed by a deadly leopard seal the previous day!"

Paul Nicklen, speaking to Metro about how perilous the life of a wildlife photographer can be.

Story behind photo

Nicklen describes how he took photo

For the image, Nicklen stayed motionless, waiting for the penguins. Suddenly the birds blasted up from the depths and, with frozen fingers, Paul captured this incredible image. "It was a fantastic sight," Nicklen said. "Hundreds launched themselves out of the water and onto the ice above me. It was a moment that I felt incredibly fortunate to witness and one I'll never forget." METRO

Other winner

Bird vs. airplane captures prize

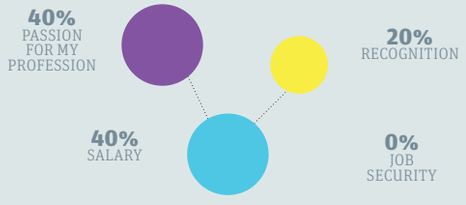
Teenage amateur photographer Owen Hearn (U.K.) won the overall award for under-17s with his image of a red kite bird of prey and an airplane captured on his grandparents' farm.

"With the bird and plane, you can see the connection between nature and humans," Hearn told Metro. "The life of these birds is decided by how far we develop and encroach into their environment." METRO

Metropolitan Panel

Register at metropolitanpanel.ca and take the quick poll

As an employee, what matters the most to you?



Twitter

@JrodGeo: Which ever mayor candidate in #yqr that solves the parking issue at the general hospital will get my vote, hands down ! #figureitout

@SingleCGirl: Last evening after working 12 hours I went into @DAVIDsTEA #yqr and all I can say is the staff there are the reason why I keep coming back!

@dfdowntown: @Marian4Mayor @meka4mayor 17+15=32, time for a gut check on what's best for #yqr , can't happen if the vote is split. #yqrvotes

@JonSoroka: Are there really parody accounts for the mayoral candidates in Regina? When did the city turn into high school? #yqr

@PaydenFraser: Not a good start to the day. Went outside and car was towed away to another street with a $65 ticket. #stadiumfund #YQR #streetsweeping

metro
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Ginger Snaps (from 2000) is a teenage female coming-of-age story couched in werewolf lore. TORSTAR ARCHIVE

Reel Guys

RICHARD CROUSE AND MARK BRESLIN

Hair-raising films for the Halloween season

Frightful fare. The Reel Guys talk about the films that give them the creeps

Richard: Mark, I'm a fan of old school horror. Not Freddy and Jason, or even b-movies like The Astounding She-Monster, but the kind of thing that gave my grandmother nightmares, Dracula, Frankenstein and the Mummy. I love the Universal creature features, so the new one-stop-shopping Classic Monsters Collection Blu Ray has enough to keep me busy until Halloween. Eight monsters! Nine movies! Twelve hours of extras! What keeps you up at night?

Mark: My mortgage, Richard. As far as scary movies go, I have to confess I'm one tough cookie — it's pretty hard to scare me. If there's just a tiny note of humour, I can't take the flick seriously. And I don't believe in monsters, vampires, or ghosts. But what does scare me is the horror of people behaving very, very badly — anything to do with psychopaths gives me the creepy-crawlies. I'm thinking of Henry: Portrait of a Serial Killer, In the Light of the Moon (the Ed Gein biopic), Monster (Aileen Wuornos) or the long list of fictional serial killer movies — Se7en, American Psycho, Silence of the Lambs. Quite an impressive sub-genre when you think about it.

RC: In Cold Blood always freaks me out. It's not a horror film in the traditional sense, but because it's a true story of a senseless murder it sends shivers down my spine… and elsewhere. I usually stick to monster movies, because I'm petty sure a werewolf isn't going to attack me on the walk home. Two werewolf faves are Cure of the Werewolf with Oliver Reed and Ginger Snaps, which takes a bite out of the usual lycanthrope myth, spinning it as a teenage girl coming-of-age story. Are there any fictional creatures that get to you?

MB: Well I wouldn't want to meet Leatherface in a dark alley; in fact, I wouldn't want to meet him at the Four Seasons for smart drinks either. But one kind of horror film that does creep me out is the "home invasion" movie. I'm thinking of Funny Games (both European and U.S. versions), The Strangers, even the paint-by-numbers Nic Cage vehicle Trespass gets under my skin. Because this stuff actually happens, y'know?

Boo

Anyone looking to have the hairs on the back of their necks raised this month won't have trouble finding something to do the trick. Silent Hill: Revelation, Sinister and Paranormal Activity 4 (is it four times scarier than the first one?) are all in theatres, but the Reel Guys have some other tinglers you may not have considered.

RC: Yeah, perhaps I'm more just escapist in my taste of creepy movies. I'm not drawn to true horrific crime unless the criminal is the Creature from the Black Lagoon.

MB: Now that's one home invasion I'd like to see. But I wouldn't want to clean up afterwards.

Sarandon on joining 'the circus'

Susan Sarandon stars in Cloud Atlas, which opens next Friday. TORSTAR ARCHIVE

Part of something big. Actress was thrilled to join up with the Wachowskis and help them create their epic vision

NED EHRBAR
Metro World News in Hollywood

From playing a former 1960s radical on the run in the Company You Keep to guest-starring as a former middle school teacher out of jail and still romancing a former student in 30 Rock, Susan Sarandon likes to keep things interesting. So naturally she was eager to join the company of Cloud Atlas, playing four different characters for directors Lana and Andy Wachowski and Tom Tykwer. The experience was, as Sarandon puts it, "like joining the circus."

What was the draw for you to take on all of these roles?
I just love the Wachowskis, and I had met Tom before when I was doing Speed Racer. Actually, they gave me the book as a parting gift at that time and I loved the book, and I wasn't thinking about it being made into a movie, but when they got it all together years later and said, "We miss you, come spend some time with us and play in Berlin," even without knowing what they wanted me to do I knew that it was something that I could bear to talk about for days on end at junkets and that it would be a really interesting experience.

How much does being able to bear talking about something for days on end normally factor into your decision?
It's major, because seriously you give so much energy. If it's not something that excites you for some reason, you feel like a hooker. I mean, you can't do it for the money. It has to be something that either has a concept or a character that you've not done before. It can be just fun. You never know how something's going to turn out, so you can't ever make a decision based on what you think will be successful and what won't.

What about this one?
This one was like joining a repertory company, and the spirit of the people that would take that kind of a chance, that would do little parts and big parts and bounce all over the place and put their egos aside was a very unusual, unusual camp to belong to. It was like joining the circus. It was very exhilarating for everybody, I think, even the people who worked much harder than I worked, because you knew you were a part of something that was very special, and everybody was game. When you work with Lana and Andy, they're always very, very well-prepared, but this one, because it was so complicated, it really felt like you were taking off and going into outer space or something, in terms of what it was attempting. There was a certain excitement at being asked to be part of it that I just wanted. Even just historically, I thought it was a really groundbreaking attempt.

Are you going to be popping up on the last season of 30 Rock?
Not so far as I know, no. As far as I know, there's no plans for that.

Documentary

Head Games

Director. Steve James

Stars. Christopher Nowinski, Keith Primeau

Although a touch didactic, the documentary Head Games will surely cause you to think twice about signing up your kid for football. While the film makes a convincing argument about the long-term effects of sports injuries (it doesn't take a scientist to know a few blows to the brain is bad for your health) what's more surprising is how slow the sports industry has reacted to the facts. Then again, the film never really offers a solution either.
STEVE GOW

Crime

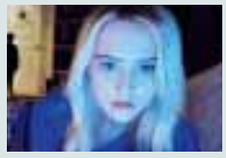
Alex Cross

Director. Rob Cohen

Stars. Tyler Perry, Matthew Fox, Rachel Nichols

Tyler Perry is the new Alex Cross, stepping into the role Morgan Freeman made famous in Kiss the Girls. In this new thriller the detective underestimates a serial killer (a skeletal Matthew Fox) and that rare mistake in judgment ends up changing his life. The problems here are many, starting with a TV movie-ready script. The only unused cliché is, "Just the facts, ma'am," but, I'm sure screenwriters are already crafting that line into Alex Cross 2: My Name's Not Madea.
RICHARD CROUSE

Horror



Paranormal Activity 4

Director. Henry Joost, Ariel Schulman

Stars. Stephen Dunham, Katie Featherston, Kathryn Newton, Alexondra Lee

Paranormal Activity fans (or what's left of you) are in for the same ride as usual, but this one should have never started. The fourth installment in the franchise offers viewers the same predictable thrills and a weak storyline that is all too familiar. This series started off strong, as the first film explored new territory in the horror genre and went on to be considered one of the scariest movies of all time. Unfortunately there is nothing left to squeeze out of this story. **OLIVIA MORROW**

THESE PAGES COVER MOVIE START TIMES FROM FRI., OCT. 12 TO THURS., OCT. 18. TIMES ARE SUBJECT TO CHANGE. COMPLETE LISTINGS ARE ALSO AVAILABLE AT METRONEWS.CA/MOVIES.

Southland Mall
3025 Gordon Rd., 306-585-7442

The Campaign (14A) Fri 7:05-9:20 Sat-Sun 2:30-5-7:05-9:20 Mon-Thu 5:40-7:55
End of Watch (STC) Fri 7:10-9:45 Sat-Sun 1:45-4:25-7:10-9:45 Mon-Thu 5:20-7:50
Frankenweenie 3D (G) Fri 6:50-9:15 Sat-Sun 1:30-3:55-6:50-9:15 Mon-Thu 6:20-8:50
Hellbound? (PG) Fri 6:55-9:40 Sat-Sun 1:15-4:10-6:55-9:40 Mon-Thu 5:15-7:30
Hotel Transylvania (G) Sat-Sun 1:20-3:30 Star & Strollers Screening Wed 1
Hotel Transylvania 3D (G) Fri 8-10:15 Sat-Sun 5:45-8-10:15 Mon-Thu 6:10-8:45
Looper (14A) Fri 6:45-9:45 Sat-Sun 1:25-4-6:45-9:45 Mon-Thu 5:35-8:20 Star & Strollers Screening Wed 1
Paranormal Activity 4 (STC) No Passes Fri 7:25-10 No Passes Sat-Sun 1:40-4:45-7:25-10 No Passes Mon-Thu 5:45-8:30
The Perks of Being a Wallflower (PG) Fri 7:35-10:05 Sat-Sun 1:50-4:20-7:35-10:05 Mon-Thu 5:25-8:15
Taken 2 (PG) Fri 7:30-10:10 Sat-Sun 2:05-4:30-7:30-10:10 Mon-Thu 5:55-8:10
Trouble With the Curve (PG) Fri 7:15-9:50 Sat-Sun 2-4:40-7:15-9:50 Mon-Thu 6:05-8:35

Galaxy Cinemas Normanview S.C.
420 McCarthy Blvd. N. Unit 26, 306-522-9098

Alex Cross (PG) Fri 5:10-7:40-10:10 Sat-Sun 12:10-2:40-5:10-7:40-10:10 Mon-Thu 7:40-10:10
Argo (PG) Fri 4-7-9:55 Sat 1:10-4-7-9:55 Sun 1:10-4:10-7-9:55 Mon-Wed 7-9:45 Thu 7-9:50
Dracula / Frankenstein Double Feature (STC) Sun 12:45 Wed 7
Here Comes the Boom (PG) Fri 5:15-7:45-10:20 Sat-Sun 12:15-2:45-5:15-7:45-10:20 Mon-Thu 7:45-10:15
Hotel Transylvania (G) Sat-Sun 12:10-2:30
Hotel Transylvania 3D (G) Fri-Sun 4:50-7:15-9:30 Mon-Thu 7:15-9:30
Led Zeppelin: Celebration Day (STC) Thu 7:15
Looper (14A) Fri 4:40-7:25-10:15 Sat 1:55-4:40-7:25-10:15 Sun 4:40-7:25-10:15

Argo. HANDOUT

Mon-Wed 7:05-9:50 Thu 9:50
Paranormal Activity 4 (STC) No Passes Fri 5:45-8:05-10:25 No Passes Sat-Sun 1:15-3:30-5:45-8:05-10:25 No Passes Mon-Thu 8-10:15
Pitch Perfect (PG) Fri 4:20-7:10-9:50 Sat-Sun 1:45-4:20-7:10-9:50 Mon-Thu 7:20-9:55
Seven Psychopaths (18A) Fri 4:15-7:05-9:45 Sat-Sun 1:40-4:15-7:05-9:45 Mon-Thu 7:30-10:05
Sinister (14A) Fri 4:45-7:30-10:05 Sat-Sun 2:10-4:45-7:30-10:05 Mon-Thu 7:25-10
Taken 2 (PG) Fri 5:30-7:55-10:20 Sat-Sun 12:50-3:10-5:30-7:55-10:20 Mon-Tue 7:50-10:10 Wed 10:20 Thu 7:50-10:10

Kramer IMAX Theatre
2903 Powerhouse Dr., 306-522-4629

No Films Showing Today (STC) Mon
Sea Rex: Journey to a Prehistoric World 3D (STC) Fri-Sun 12:30-3-5:30-8:15
To the Arctic 3D (G) Fri-Sun 1:45-4:15-7

Paradise Cinema
1011 N. Devonshire Dr., 306-522-7888

The Bourne Legacy (PG) Fri-Thu 6:50-9:20
Ice Age: Continental Drift (G) Fri-Sun 1:10-4
Trouble With the Curve (PG) Fri 7-9:30 Sat-Sun 1:30-3:50-7-9:30 Mon-Thu 7-9:30

Golden Mile
3806 Albert St., 306-359-5250

Brave (G) Fri-Thu 1:25-4-6:55-9:35
The Dark Knight Rises (PG) Fri-Sat 2-7:20 Sun 3:45-7:20 Mon-Thu 2-7:20
The Expendables 2 (14A) Fri-Thu 6:30-9:20
Hope Springs (PG) Fri 1:10-3:45-6:35-9:55 Sat 1:10-3:45-9:55 Sun 1:10-9:55 Mon-Thu 1:10-3:45-6:35-9:55
House at the End of the Street (PG) Fri-Thu 1:35-3:50-6:50-9:30
Ice Age: Continental Drift (G) Fri-Thu 1:30-3:50
Lawless (14A) Fri-Wed 1:15-3:45-6:45-9:25 Thu 3:45-6:45-9:25 Thu 1
ParaNorman (PG) Fri-Thu 1:20-3:55
Resident Evil: Retribution (14A) Fri-Thu 1:40-4-7-9:40
Ted (14A) Fri-Thu 6:40-9:45

Regina Public Library Film Theatre
23 11 12th Ave., 306-777-6104

Head Games (STC) Fri 7 Sat 9 Sun 7
How to Survive a Plague (STC) Thu 7
Neil Young Journeys (G) Thu 9
No Films Showing Today (STC) Mon-Tue
Turn Me On, Dammit! (18A) Fri 9 Sat 7 Sun 9
Wednesday Plus (STC) Wed 7

Diamond Rings, Bat for Lashes and Rah Rah all fighting for shelf space

Taylor Swift has a new album coming Tuesday, so all the other big names have wisely cleared out of her way. But she doesn't have everything to herself.

SOUND CHECK
Alan Cross
scene@metronews.ca

On the web

Scan this code or visit metronews.ca to listen to Alan Cross' selections.

1 Free Dimensional/ Diamond Rings

Toronto's Bowie-esque John Diamond Rings O'Regan is ready with his second album. The hype is quite thick. Let's see what happens. View a teaser of the album by scanning the code.

2 Laura/Bat for Lashes

I've heard portions of Natasha Bat for Lashes Khan's third album, The Haunted Man. It's gorgeous. Start with this advance single.

3 Art and a Wife/ Rah Rah

Fun husband and wife team from Regina from their third album, The Poet's Dead. The video is great for people who love dogs.

Bruce Springsteen. Talks about who he thinks should be the U.S. boss

Bruce Springsteen has endorsed Barack Obama for president. GETTY IMAGES

After vowing not to participate in this year's presidential election, Bruce Springsteen is supporting Barack Obama again, saying he believes Obama is the best person to lead America.

Springsteen posted a message on his website Wednesday night endorsing President Obama's re-election, saying he'd been "getting asked a lot about where I stand."

The rock star will make his debut on the 2012 campaign trail Thursday at events in Iowa with former President Bill Clinton.

He also backed Obama in 2008.

Springsteen says he's behind Obama, who is facing Republican rival Mitt Romney in November, because of the president's views on the rights of women and homosexuals, ending the war in Iraq and tracking down Osama bin Laden.

THE ASSOCIATED PRESS

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

The Word

Kutcher tops TV wage stack

THE WORD
Dorothy Robinson
scene@metronews.ca

Here's a little perspective to kick off your weekend: Ashton Kutcher is not only having sexual relations with Mila Kunis but he's also pulling in a whopping $24 million a year.

So even though Kutcher is the butt of many jokes, maybe he's having the last laugh? According to a new article in Forbes, the Two and a Half Men star earned that huge salary courtesy of his starring role on the top-rated sitcom, Two and a Half Men (his tech investments also helped).

Following Kutcher were Hugh Laurie and Ray Romano, tied for second place at $18 million thanks to the syndication of House and Everybody Loves Raymond. Next: Alec Baldwin of 30 Rock and Mark Harmon of NCIS in another tie at $15 million a year, followed by Tim Allen, star of Last Man Standing, at $14 million.

Sadly, Jon Cryer, who always played second financial fiddle to Charlie Sheen on Men, is still losing out to his more handsome coworker and is only bringing in $13 million. One day the nerds will rise, Cryer, and you will have your due.

Katy Perry

Perry's brother admits Mayer isn't Katy's 'one'

Katy Perry may be enjoying her time with John Mayer — this week, at least — but Perry's brother, David Hudson, doesn't think the Teenage Dream singer has met "the one" yet. "She deserves a true gentleman, and I don't think she's found that," Hudson says, according to Hollyscoop, adding that Perry doesn't "necessarily (need a guy) in the business, just someone that's really got something impressive." Of course, just because her brother isn't happy about her current boyfriend doesn't mean she'll take any of his advice. "She shrugs it off because she's her own person," Hudson admits.

Twitter

@MissKellyO
Sun screen in the eye is not fun! #It's burning

@Ellen Page
Don't COUNT your chickens before they hatch? What? No. Don't JUGGLE them.

@SethMacFarlane
There's a special variety of panic that only comes from hearing a cat make that "unk", "unk", "unk" sound before a carpet puke.

@ConanOBrien
The History Channel used to be cool, but they're just stuck in the past.

Jennifer Aniston

Aniston praises fiancé for 'sneakiest' proposal

Jennifer Aniston gives fiancé Justin Theroux high marks for secrecy in the lead-up to his popping the question. "The proposal was one of the sneakiest jobs I've ever seen," Aniston said. "I had no idea." The actress also has no idea what to wear for her big day, but she knows it won't be experimental. "A bride should look like herself. If you try something new, you'll feel uncomfortable," she said.

Megan Fox

Fox welcomes her baby boy into the world

Megan Fox gave birth to a baby boy last month, according to E! News, keeping mum about the arrival. Fox and husband Brian Austin Green welcomed son Noah Shannon Green on Sept. 27, a first for the couple. Green also has a 10-year-old son, Kassius, from a previous relationship. An already pregnant Fox told Cosmopolitan magazine in April that she's "always been maternal" and wants "at least two, probably three kids."

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Chelsea Handler ALL PHOTOS GETTY

Paris Hilton? I couldn't Handler on my show, says host Chelsea

Chelsea Handler has had all sorts of guests on her talk show, but she has to draw the line somewhere. When asked by Access Hollywood if there's anyone she would never have on Chelsea Lately, the host says, "Well, probably Paris Hilton or something. She hasn't begged (to come on), but I mean, I can't look at her. She's like the worst." Handler also shoots down the idea of ever interviewing Dina or Michael Lohan, the headline-grabbing parents of troubled actress Lindsay Lohan.

Quoted

"I can't look at her. She's like the worst."
Talkshow host Chelsea Handler
When asked about Paris Hilton

"No, I can't talk to them," Handler says.

Liquid Assets

Spicy side of your cocktail

LIQUID ASSETS
Peter Rockwell
@therealwineguy
liquidassets@eastlink.ca

When you grow up in Nova Scotia, like I did, it's a given that your first taste of spirits will come from the fountain of rum. Not just any rum, I'm talking black rum. Jet black rum.

It's the kind of tipple that grows hair on your chest and offers you memories to last a lifetime (along with some you wish to forget).

Sadly, most everywhere else in Canada rum isn't held in such high esteem — proving a favourite of Johnny Depp wannabes and those who find a popular cola brand the ultimate cocktail mix.

While I'm cool with that, there is a certain "je ne sais quoi" to rum that appeals to the pirate in all of us. That said, a glass of rum's 21st century persona is less yo-ho-ho and way more spice — which is opening liquor cabinet doors across the country.

The Kraken Black Spiced ($27.99 - $32.99) is the epitome of dark rum's new personality. Inky black, rich and spicy, it drinks as well over ice as it does blended into any rum-based concoction.

Plus, packaging fans will love the bottles two-handled grip and the menacing giant squid on the label.

PRICES REFLECT THE RANGE ACROSS THE COUNTRY. SOME PRODUCTS MAY NOT BE AVAILABLE IN ALL PROVINCES.

The spice route

This time of the year always sees us returning to the foods that we know and love — pies, soups and stews. Bal Arneson of the Food Network's Spice Goddess, tells us how to remake our favourites.

DAN CLAPSON

Bal Arneson, cookbook author and Food Network Canada personality, is definitely one lady who knows her spices. You can watch her reinventing delicious dishes on her popular show, Spice Goddess, as well as a resident judge on Shaw's new cooking series, Cooking with Fire. Here's how Arneson uses Indian spices at home to transform some traditional autumn staples…

Cranberry Sauce

"Fennel seeds, a full, heaping tablespoon. Every time you're taking a bite, you'll get a burst of licorice flavour in your mouth. It's just perfect!"

DAN CLAPSON

Hot Chocolate

"A pinch of clove will give it a nice, fresh flavour. Clove is so strong, so just a tiny, tiny pinch! And, a pinch of cardamon on top of the whipped cream."

Apple Pie

"When I mix my apples (for the pie), I always add green cardamon seeds. The seeds have a nice floral flavour. Once you try it with the cardamon, you can never go back to the regular apple pie!"

Beef Roast

"Garam Masala! It's a powder and my go-to spice! I make my own garam masala…cumin, cardamon, clove, coriander, curry leaf, bay leave, mustard seeds. Add it in along with your regular dry spice rub."

Butternut Squash Soup

"Definitely crushed coriander and cumin seeds. Coriander will give it a nice nutty flavour and the cumin will add a warming feeling to (the soup).

This recipe serves four. SUBMITTED

Curried Pumpkin. Transition the pie staple to something more savoury

"One of my jobs as a child was to remove the seeds from the pumpkin before my mom could cook with it," remembers Bal Arneson.

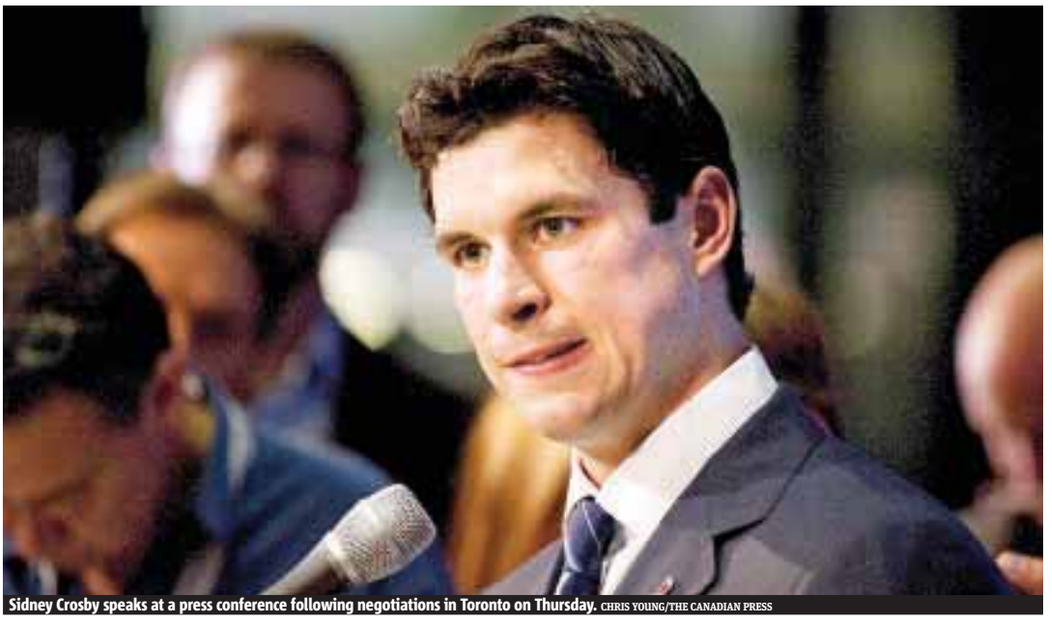
1. Heat oil in a skillet over medium-high heat. When oil is hot, add onion and ginger and cook for 2 minutes. Stir in tomatoes, fenugreek seeds, garam masala, and salt and cook for 5 minutes.

2. Add pumpkin, vegetable broth and chili to skillet. Bring to boil, then reduce the heat to low. Cook until pumpkin is tender, 18 minutes. Serve over rice.

RECIPE COURTESY OF BAL ARNESON

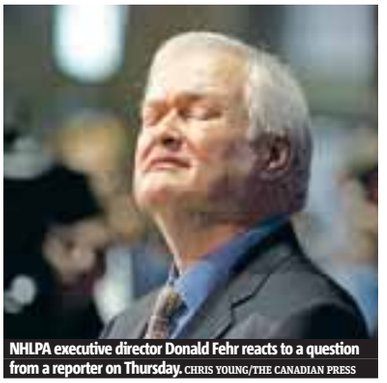
Ingredients

- 3 tbsp (45 ml) grapeseed oil
- 1 small onion, finely chopped
- 1 tsp (5 ml) chopped ginger
- 1 cup (250 ml) finely chopped tomatoes
- 1 tbsp (15 ml) fenugreek seeds
- 1 tsp (5 ml) garam masala
- salt to taste
- 1 lb (500 g) pumpkin, seeded, peeled, and cubed
- 1/2 cup (125 ml) vegetable broth
- 1 green chili, finely sliced



Sidney Crosby speaks at a press conference following negotiations in Toronto on Thursday. CHRIS YOUNG/THE CANADIAN PRESS

Gary Bettman during a Thursday afternoon press conference in Toronto. CHRIS YOUNG/THE CANADIAN PRESS



NHLPA executive director Donald Fehr reacts to a question from a reporter on Thursday. CHRIS YOUNG/THE CANADIAN PRESS

‘In a nutshell it doesn’t look good’

NHL. Union offers fall flat, taking air out of optimism for full season

The NHL labour situation appears grim after an exchange of proposals between the league and the union accomplished little.

The NHL Players’ Association rejected an offer from the league that would see revenue split 50-50 between the league and the players.

The union countered with three different proposals, which league commissioner Gary Bettman called “thoroughly disappointing” on Thursday.

“None of the three variations of player share that they gave us even began to approach 50-50, either at all or for some long period of time,” Bettman said.

“It’s clear we’re not speaking the same language.”

Union executive director Donald Fehr disagreed, saying two of the proposals would see the players take a fixed amount of revenue, which would turn into an approximate 50-50 split over the term of the deal provided league revenues continued to grow.

The third approach would be a 50-50 split, as long as the league honoured all existing contracts at full value.

The NHLPA showed up to the meeting with a show of force, including star players Sidney Crosby, Jarome Iginla, Jonathan Toews and Eric Staal. Like the leaders of the two sides, the players did not seem optimistic after the afternoon meeting.

“We came in here today with those proposals thinking that we could really make some progress, and to hear those words (from Bettman) kind of shuts it down pretty quickly,” Crosby said. “In a nutshell it doesn’t look good.”

Bettman says the league’s proposal is fair and would allow for an 82-game season to start Nov. 2.

But Fehr says the players could sacrifice nearly $1.8 billion in revenue under the league’s proposal.

Fehr says concessions made by the players in the last round of bargaining have cost them $3.3 billion over the term of the last agreement. The players currently get 57 per cent of revenues.

“This is not a good day,” Fehr said. “It should have been, but it’s not.”

Bettman said no new talks are immediately scheduled. He said he is still hopeful the league can have a full season, but time is running out.

THE CANADIAN PRESS

Fallout

Crosby more seriously considering Europe

There was simply no way for Sidney Crosby to hide his disappointment.

Just one week after telling The Canadian Press he was confident a deal could be struck that would save the NHL season, the Pittsburgh Penguins captain acknowledged Thursday that he was going to start looking closer at what options might be available to play in Europe.

“A little harder, yeah,” said Crosby. “I think that’s something that everyone’s got to figure out. You try to figure out where things stand and I don’t think they’re in a great spot right now.”

WHL

Pats make swap with Rebels

The Regina Pats completed a trade with the Red Deer Rebels on Thursday, acquiring forward Colten Mayorand defenceman Stephen Hak in return for a fourth-round and conditional sixth-round pick in the 2015 WHL Bantam draft.

The Pats are looking to finish a four-game home stand strong on Friday against the Tri-City Americans (7-3-1-1) at the Brandt Centre.

With a win, the 5-5-1-0 Pats will have taken six of eight possible points at home.

Assistant coach Josh Dixon said one of last year’s keys was the team’s early success.

“Playing at home gives us an opportunity to try and build up some points. It gives us an opportunity to build up a bit of a lead,” he said. “Last year, the key to our season was an early start and we’re looking to try and duplicate that here-with these home games.”

The puck drops at 7 p.m. at the Brandt Centre.

METRO

CIS — Canada West

Rams look to put past in rearview

The Regina Rams are looking to rebound Friday at home.

Mosaic Stadium may be just what they need after a 24-17 loss to the UBC Thunderbirds last week.

At 4-2, the Rams have tall order against the visiting Calgary Dinos (6-0).

Regina has already clinched a playoff berth and have another game on Oct. 26 before heading into semifinal playoff action.

Kickoff for Rams versus Dinos is 7 p.m. Friday. METRO

Junior football

Hilltops, Thunder set to clash for championship

It’s an all-Saskatchewan affair Sunday at the Prairie Football Conference championships in Saskatoon.

The Saskatoon Hilltops take on the Regina Thunder, who stunned the PFC with a 24-21 upset win over the undefeated Calgary Colts last weekend.

The Hilltops find themselves with a ticket to the championship game after a 42-11 drubbing of the Edmonton Wildcats.

The championship game goes Sunday at Griffiths Stadium in Saskatoon.

Kickoff is at noon.

METRO

CFL. Calvillo can expect cold welcome in Regina

Many Saskatchewan Roughriders were getting acclimatized to Regina's fall weather for the first time at Thursday's practice.

Players were wearing gloves, toques and even balaclavas to stay warm at Mosaic stadium as they prepared to host the Montreal Alouettes on Saturday.

"Surprisingly the guys were really energetic and I was pleased with that," said Riders head coach Corey Chamblin. "You could tell a few of the guys were not pleased with the weather but we all followed through and I was really pleased with the execution."

If the Riders win on Saturday against the Als they will clinch a playoff spot, but before that can happen they need to stop Als veteran quarterback Anthony Calvillo.

"Anthony is not the normal Anthony at the moment, Anthony is a new Anthony," said Chamblin. "He is wise enough to know where to change his game to stay effective."

But Chamblin seemed confident that he had clocked the Als system.

"We can play with them, we just need to know how to line up against them when they are substituting their receivers out for tight ends and their big O-linemen," said Chamblin.

Kickoff is 1:30 p.m. Saturday at Mosaic Stadium.

JEFF MACKEY/METRO

CFL

Mitchell slur 'embarrassing' for Lions organization

B.C. Lions general manager Wally Buono says the team and Khalif Mitchell are embarrassed after the defensive lineman posted a racial slur on Twitter earlier this week.

While tweeting about Tuesday's U.S. presidential debate, Mitchell posted a derogatory term toward Chinese. He later apologized for using the word, saying he didn't know it was offensive.

"This is obviously an embarrassing moment for all of us," Buono told reporters Thursday as the Lions held a walk-through ahead of Friday's game against the Eskimos. "I know it is for Khalif. For him, this is not who he wants people to think that he is. You can really sense (his) embarrassment." **THE CANADIAN PRESS**

No playoff regrets in Riderville ... yet

CFL EXTRA POINTS
Dan Toth
regina@metronews.ca

Roughriders can't deny what could have been; Burris looking with longing at Stampeders sideline; No delicate way to discuss fragile Pierce's future

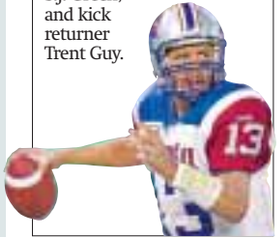
Photos by The Canadian Press/Torstar News Service/Getty Images

1 Tough road ahead for Roughriders

Head coach Corey Chamblin tried putting a positive spin on last week's loss in Edmonton, where they squandered a shot at hosting a playoff game in November (which would have greatly improved their chances of advancing). Instead, the Green Machine has lost the season series to both Calgary and Edmonton and now faces a tough stretch with games against Montreal (Saturday), Toronto and B.C. to end the season.

2 First thing's first for ailing Alouettes

You always want to clinch a playoff spot as early as possible, providing an opportunity for key players to rest before the playoffs. The Alouettes know this only too well. Montreal requires just one win to secure first place in the East, but are without running back Victor Anderson, receiver S.J. Green, and kick returner Trent Guy.



3 A real Argos head scratcher

Argos head coach Scott Milanovich needs to be wary of pushing QB Ricky Ray back into action after missing three games with a knee injury. The Argos are unlikely to catch the first-place Alouettes with just three games remaining, so why risk losing your most important player prior to the playoffs?

4 Burris to get first-hand look at missed chance in Calgary

It's strange to think that had QB Henry Burris accepted a demotion this season with the Stamps, he could have been at the controls of Calgary's offence Friday night in place of injured Drew Tate. Instead, Burris is leading the visiting Hamilton Tiger-Cats against Kevin Glenn, who has been solid as Tate's replacement.

5 Reaching boiling point in B.C.?

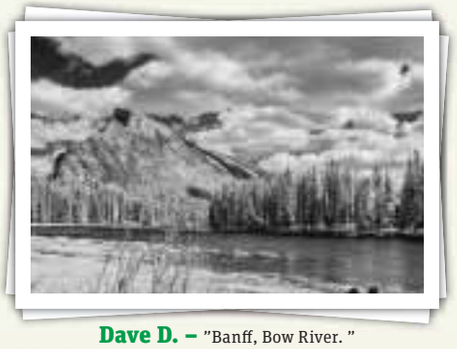
Lions GM Wally Buono says he "hates Twitter and Facebook" and for very good reason. Buono would like to be able to control his players on and off the field, but is helpless when the likes of Lions defensive lineman Khalif Mitchell uses social media to publicize his ignorance as he did this week by making a racial slur.

6 Only a matter of time for Pierce

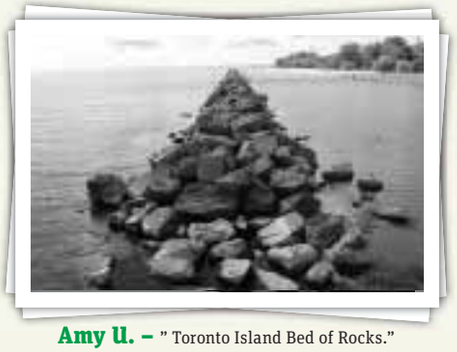
This is getting hard to watch. Now that fragile QB Buck Pierce has been cleared by team doctors to play, it's just a matter of time before he becomes seriously injured. Pierce, who missed the last two games with a concussion, has appeared in just five games this year.

Check out this week's most shared photos at metrophotochallenge.ca

Denis A. – "Botanic Garden Montréal"



Dave D. – "Banff, Bow River. "



Amy U. – " Toronto Island Bed of Rocks."

metro PHOTO CHALLENGE

Vote for your favourite photo
metrophotochallenge.ca

Detroit Tigers pitcher Phil Coke celebrates after clinching the American League championship series against the New York Yankees Thursday in Detroit. The Tigers move on to the World Series. CHARLIE RIEDEL/THE ASSOCIATED PRESS

Tigers show no mercy to unproductive Yankees

ALCS. Detroit's pitchers keep New York's hitters quiet again as Tigers complete the sweep

Prince Fielder waved his arms frantically, gleefully calling off his teammates before catching the final out.

From the moment Fielder signed his massive contract in January, an entire city had been waiting for a moment like this.

Max Scherzer capped a stupendous stretch for Detroit's starting rotation, and the Tigers advanced to the World Series for the second time in seven years by beating the New York Yankees 8-1 Thursday for a four-game sweep of the AL championship series.

Miguel Cabrera and Jhonny Peralta hit two-run homers in a four-run fourth inning against CC Sabathia, who was unable to prevent the Yankees from getting swept in a post-season series for the first time in 32 years.

"Yeah, we did it," Cabrera said. "It's an unbelievable feeling.... Four more wins, guys. Four more wins."

Scherzer took a no-hit bid into the sixth against a New York starting lineup that was again without Alex Rodriguez, who flied out with two on in the sixth as a pinch hitter.

Detroit won its 11th American League pennant and first since 2006. The Tigers have five days off before the World Series starts Wednesday at defending champion St. Louis or 2010 winner San Francisco.

The Tigers' starters are 4-1 with a 1.02 ERA in this post-season.

"Unbelievable. It's why we're here right now because our pitching," Cabrera said. "Wow!" THE ASSOCIATED PRESS

Game 4

8	1
Tigers	Yankees

MVP

- Detroit Tigers designated hitter Delmon Young was selected MVP of the championship series.
- Young batted .353 with two homers and six RBIs.

Yankees' futility

A-Rod not alone with struggles

Alex Rodriguez was hardly alone in failing to hit for the New York Yankees in the AL championship series.

None of his teammates produced at the plate, and now the Yankees' season is over.

The slugging Yankees, who set a team record for homers and finished second in baseball in runs scored, were swept by the Tigers.

"You never expect this," Rodriguez said. "It's a terrible way for the season to end."

A-Rod hit .120 (3-for-25) with no RBIs, including 0-for-18 with 12 strikeouts against right-handers.

Several of his teammates were worse.

The only records the Yankees set this October were for futility. They batted .188 (60-for-320), a record for seven games in the post-season, according to STATS LLC., and scored just 22 runs — six against Detroit. THE ASSOCIATED PRESS

Hart takes the fall for Honduras blowout loss

In a corridor under the stands at the decrepit Estadio Olimpico Metropolitano, a numb Stephen Hart refused to make excuses after watching Canada implode in a shocking 8-1 loss to Honduras.

His team was well-prepared. The heat was not a factor. His players were all professionals.

Reminded that he was not on the field during the debacle, Hart paused and said simply: "But it's my responsibility."

Hart, 52, lived up to that credo two days later by handing in his resignation as national men's soccer coach.

Former Canadian men's soccer team coach Stephen Hart.

TORSTAR NEWS SERVICE FILE

"He's a good football man. He's a good man, period," Victor Montagliani, president of the Canadian Soccer Association, said in a conference call on Thursday.

"This game is a beautiful game but at time it can be cruel," he added. "And I think we all know what needed to happen."

The resignation will not be welcomed by the majority of Hart's players, who regarded their laidback coach with respect and affection.

"The disaster in Honduras had nothing to do with coaching or tactics," said veteran fullback Ante Jazic, who missed Tuesday's game through illness. THE CANADIAN PRESS

Golf

PGA assumes operations of Canadian Tour

After lending strategic and financial support to the Canadian Tour over the last year, the PGA Tour officially put the development golf circuit under its umbrella Thursday and renamed it PGA Tour Canada.

The tour will debut in 2013 with at least eight summer tournaments in Canada offering a minimum purse of $150,000. The conversion will begin Nov. 1.

Details on the full schedule will be announced at a later date. THE CANADIAN PRESS

NHL. Oilers owner says team's future unclear after arena deal collapse

The owner of the Edmonton Oilers said Thursday he is concerned with the "implications" of the now-defunct deal with the city for a new arena, but stopped short of saying he'll revisit plans to move the team.

In a brief media release, Daryl Katz wrote, "We are concerned about the implications of the motion passed yesterday by city council.

"We do not yet have a view on what comes next, but we remain hopeful that there is a solution that achieves the mutual goal of securing the Oilers' long-term sustainability in Edmonton."

On Wednesday city councillors, frustrated over Katz's last-minute demands for at least $210 million more from taxpayers, voted unanimously to walk away from the deal. THE CANADIAN PRESS

Other options

Councillors asked city staff to look at other options to keep pro hockey in Edmonton, including the city going it alone on a new rink.

Horoscopes

♈ Aries
March 21 - April 20
There may be an element of truth in what others are saying about you today, so don't just ignore it. You're not too old to learn and the best kind of learning is the kind that increases your self-awareness.

♉ Taurus
April 21 - May 21
A rather tense day is possible and, just this once, you may have no option but to confront someone you don't get along with. Where some issues are concerned, there can be no middle ground. Fight to win.

♊ Gemini
May 22 - June 21
Daydreaming can be a lot of fun but don't let it keep you from doing what you should be doing. Routine tasks may be boring but they must be done and they must be done well, so get on with it.

♋ Cancer
June 22 - July 23
Do not be offended if a loved one wants to spend some time alone. They have some serious inner issues to deal with and the only way they can do that is to isolate themselves from outside influences.

♌ Leo
July 24 - Aug. 23
There is no point getting angry about what happens today. All you can do is let fate take its course and hope it leads you somewhere worth going. Don't take your frustrations out on those who care for you.

♍ Virgo
Aug. 24 - Sept. 23
Give yourself permission to try new things. Don't worry that others might say you are being irresponsible. If you can dream it, you can do it — it's as simple as that. Maybe that's what they are afraid of.

♎ Libra
Sept. 24 - Oct. 23
You will get the chance to get rid of something that is holding you back from fulfilling your potential. Take it or you may look back in a few weeks and wish you had been a bit more adventurous.

♏ Scorpio
Oct. 24 - Nov. 22
Someone has let you down and your first reaction will be to do something nasty to them in return. If you get into the revenge business, you could start a feud that never ends.

♐ Sagittarius
Nov. 23 - Dec. 21
The depth of your feelings may be making you uncomfortable but there is no point pretending they do not exist. No matter how hard you try to deny them, they will bounce back even stronger.

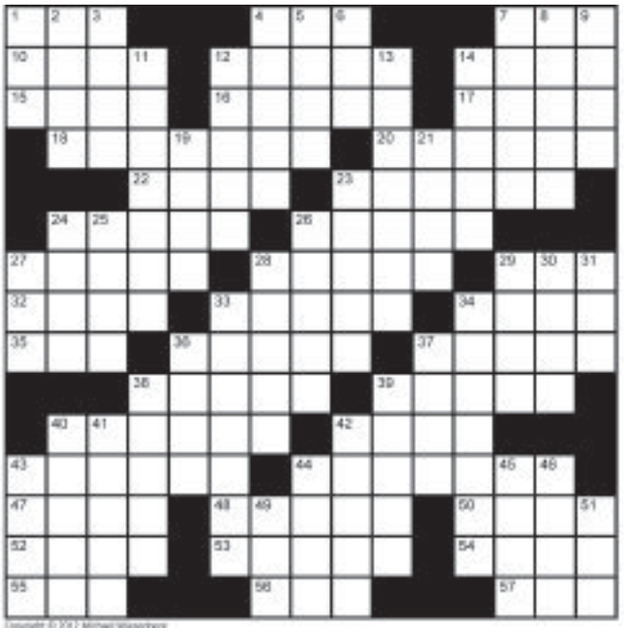
♑ Capricorn
Dec. 22 - Jan. 20
You won't be pleased if someone treats your concerns in a flippant manner but try not to overreact. When all is said and done, there are more important things on which you should be spending your precious time and energy.

♒ Aquarius
Jan. 21 - Feb. 19
You are a force to be reckoned with and anyone who does not believe that now will be made to believe it when the Sun changes signs on the 23rd. You have big plans, plans that will soon turn into realities.

♓ Pisces
Feb. 20 - March 20
No matter how much others may mock your beliefs, you intend to stick with them. Deep down, your critics know they are the ones who are on the wrong track. That's why they think you're so dangerous. The truth hurts. SALLY BROMPTON

A Little French

BY MICHAEL WIESENBERG



Across
1. Common conjunctions
4. Meadow
7. Morning times, for short
10. Night: Fr.
12. Whole grains add this to a diet
14. *Elizabeth* star Blanchett
15. Nobel peace prize presentation site
16. Brain sections
17. Angel: Fr.
18. Tim ___
20. Margot ___: Yellowknife-born Lois Lane portrayer in four Superman movies
22. Cinnabar and hematite
23. Gasoline units
24. Movie theatres: Fr.
26. Leg: Fr.
27. Robson et Logan, par exemple
28. Birch bark boat
29. Broadcaster based in Toronto
32. River through Florence
33. Nickels-and-___: bothers with trivialities
34. Took care of an IOU
35. ___ and outs
36. Heads: Fr.
37. Ladies: Fr.
38. Bank repositories
39. More adorable
40. Cinnamon and saffron
42. Act a bit vexed
43. BC fisherman's pursuit
44. Fries, cheese, and gravy dish
47. Another word for margarine
48. British spy novelist John Le ___ (*The Spy Who Came in From the Cold*; *Tinker, Tailor, Soldier, Spy)* (the pseudonymous last name means "the square" in French)
50. Consumes
52. "Terrible" Russian leader
53. Common form of communication
54. A little tight
55. "Au secours!"
56. CPR expert: initialism
57. Canada's most populous prov.

Down
1. Sean Lennon's mother Yoko
2. Toronto-based "Tom Sawyer" group
3. Farm storage site
4. Vancouver CFL Team
5. Diminishes
6. Exist
7. *Biography* cable channel (3 wds.)
8. Homeowners' loans: abbr.
9. Crystal ball gazer
11. Canada's largest city
12. Floating ice sheets
13. Edmonton's CFL team
14. Core group of trained personnel
19. Very: Fr.
21. "Let ___": Beatles album and song (2 wds.)
23. Country roads
24. Cob covering
25. Overnight stops
26. "Bond, ___ Bond"
27. Après Avril
28. Gives a ticket
29. Arrived
30. Coffin support
31. Audiophile's collection
33. Football side that doesn't have the ball
34. Hamburgers-to-be
36. Mexican restaurant fare
37. Composition for two
38. ___ and Garfunkel
39. Brutal
40. Artillery burst
41. "Guilty" and "not guilty"
42. 'You're asking ___!" (2 wds.)
43. Je ___: I am (in French)
44. Baby buggy, to Brits
45. Small iPod model
46. Vingt- ___: blackjack, from French for "21" (2 wds.)
49. Soul: Fr.
51. Can. Army rank

Yesterday's Crossword

What's online

See today's answers at metronews.ca/answers.

Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

4		7		3	5			2
	1		9					7
	5		2				4	
8							6	
		2	5		3	9		
	9							1
	4				8		2	
1					9		3	
6			3	5		4		

Yesterday's Sudoku

Today 11°/3° Partly cloudy
Saturday 15°/-1° Variable
POINTCAST Get Your 1km Weather
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metro News worth sharing.

Psychic readings by: MRS JOHNSON PSYCHIC
IF YOU HAVE THE WILL I HAVE THE POWER
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OLD FASHION FOODS "Picture of Health" Expo

Saturday, October 20, 2012
10 a.m. to 6 p.m.

10:00 am - ROSE STEVENS, R.T.
Cal/Mag & Rhoziva

Holistic practitioner and health coach. Using her technology and working with a USA doctor whose proprietary formulation of ionic calimag and magnesium was nothing short of revolutionary", she discovered one of the most absorbable calcium and magnesium products and brought it to the Canadian market place.

10:50 am - BRAD KING, M.S., MFS
Increase Energy - Lose Belly Fat - Sleep Better - Reduce Stress

Has appeared on CTV, ABC, CBS and NBC including The Today Show and Canada AM as a leading health expert, and is the host of the highly rated weekly internet radio program: Transforming Health with Brad King. He is the author of 11 books including the international bestseller FatWars, the award winning Beer Belly Blues and the newly released The Ultimate Male Solution.

Over 30 reps. in attendance to demo products and help answer your questions.

regina foodbank | Regina Humane Society

The **Regina Food Bank** and **Regina Humane Society** will be on location. Please bring a food item, pet food or item or donation for the **Regina Food Bank** or **Regina Humane Society**. Donations greatly appreciated.

Speakers!

12:10 pm - DR. ELVIS ALI B.SC., N.D.
Cholesterol Management

Dr. Ali graduated with a Bachelor of Science majoring in Biology in 1979 and received his Doctorate of Naturopathic Medicine in 1987.
Dr. Ali has been in private practice for 22 years specializing in Chinese medicine, sports medicine and nutrition.
Dr. Ali has published papers, written and co-authored several books, conducted lectures internationally and has appeared on radio and TV shows.

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- Books
- Quattro Grill

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Enter to win an Aussie BBQ!

1:15 pm - LORNA VANDERHAEGHE, M.S.
Everything you need to know about Hormones

Lorna Vanderhaeghe is a women's health expert who has been researching nutritional medicine for over 30 years. With degrees in nutrition and biochemistry, Lorna is the author of 11 books including her newest, A Smart Woman's Guide to Hormones and A Smart Woman's Guide to Weight Loss. She has a monthly newsletter which you can read on her website – www.hormonehelp.com

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2:55 pm - 'PICTURE OF HEALTH'
Cake Cutting

3:15 pm MITCHEL MAHLER, CSNA, CSP, DEP. BIO. MED
Stress, Sleep, Pain Relief

Mitch Mahler's focus on whole foods and uses of homeopathic products and Biochemic Medicines help achieve his bodybuilding goals. He has done television and Radio shows. Mitch has his diploma in Biochemic Medicine, Chairman of the Institute of Biochemic Medicine for North America. Mitch is a Certified Sport Nutrition Advisor.

Gift Baskets! T-Shirts! Gift Certificates!

4:20 pm - TONDA MCGILLIS, BA SC., NCP
"Combat the Genetic Time Bombs of Aging"

Learn how to prevent the common conditions of aging, such as joint conditions, heart disease, immune dysfunction, and memory loss. Simple lifestyle and supplement suggestions can help you sustain chemical highly functioning body and mind for the longest period of time.

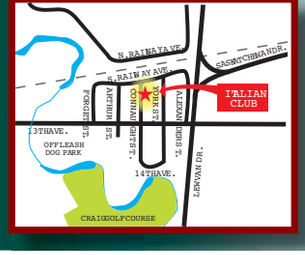
Tonda McGillis holds a Bachelor of Applied Science degree in therapeutic nutrition and is a Nutritional Consulting Practitioner. She has been in the natural health industry for 27 years and is Director of Education and National Sales for Adeeva Nutriceuticals.

5:10 pm - MICHELLE VANDE VELDE
The Importance of Minerals

The Importance of Minerals

Michelle has been a Sales Consultant for over 15 years. She has worked with various companies in the Natural Health and Grocery Sectors.

She has certification in homeopathy with Maison Naturelle International.



at the Italian Club
2148 Connaught Street
1 1/2 blocks West off Lewvan Drive and 13th Ave.

Scan QR Code for information

VITA-MAN ON LOCATION!